

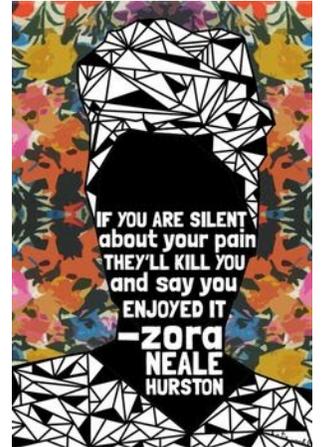
Guided Pathways - Support for Youth & Families

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Guided Pathways Newsletter

July 2020

As an organization, our doors are still open during COVID-19 to serve all of King County, free of charge. We continue to offer 1-1 support, family advocacy, classes, training, social events and connection to resources **(virtually)**. Please feel free to contact [Guided Pathways](#) to learn more.



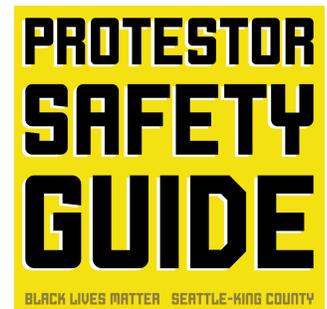
Resources

COVID-19 Resources

- Comprehensive guide to COVID-19 resources in King and Pierce County.
- https://docs.google.com/document/d/1j3m-KtQZYa8tUFLgYs8ILfCIKQyOu7XH4fLTsefz_vo/edit

Black Lives Matter Resources

- Safety Guide for Protesting.
- <https://blacklivesseattle.org/protest-safety-guide/>
- Ways to get involved with the BLM movement, including education tools.
- <https://blacklivesmatter.com/resources/>
- Anti-racism resources to educate people to become allies.
- https://docs.google.com/document/d/1PrAq4iBNb4nVicTsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcqpkkrKA*BMLiqa0a8B2yWTMUwhXZug
- Anti-racism resources to undo racism in the community.
- <http://www.resourcesharingproject.org/anti-racism-resource-collection>



Youth

(NEW) Kidz Club

We're in the beginning stages of organizing a virtual support group for youth. We'll meet on *Mondays at noon* through Zoom to talk about various topics such as COVID-19, mental health, self care, protests throughout the country, etc. It would be a place where you can talk to people your age, get support and community. Please let us know if you're interested; call or text (253) 736-5809.

Parents - Groups + Upcoming Classes

Hilariously Happy & Healthy Class (July 1st, 4:00pm - 5:30pm)

Parents Empowering Parents Class (July 25th, 9:00am - 4:00pm)

Parent Education (Wednesdays, 4:00pm - 5:30pm)

Parents Supporting Parents Group (Thursdays, 6:30pm - 7:30pm)

Parenting Wisely Program (Self-Paced)

Circle of Security Training (Fridays, 4:00pm - 5:30pm)

Bonus Activity

————— What if a question could change your life? —————

	L LET GO	B BE ME	D DREAM	G GROW	V LOVE	S SERVE	
1	Where have you found peace?	What is something new you tried recently and loved?	What was your childhood dream?	What challenge do you want to overcome?	What is one of the kindest things someone has ever done for you?	What does this world need more of?	1
2	What did you learn from your biggest regret?	What makes you lose track of time?	What is your perfect day?	What does success look like to you?	How do you show love to others?	Who are your heroes?	2
3	What do you spend too much time doing?	What moves you to tears or gives you goosebumps?	What do you dream of achieving one day?	What risk are you happy that you took?	What makes you feel loved?	What have you witnessed that has strengthened your faith in humanity?	3
4	What would you do if you were not afraid?	What is a defining moment in your life and how did it impact you?	If money was not an issue, how would you spend your time?	What can you do that you could not do a year ago?	What are you passionate about and want to spend more time doing?	If you could run your own country, what would it be like?	4
5	What do you want to let go of?	What is most important to you?	What question would you ask a fortune teller?	What are you working towards that you could use help with?	What random act of kindness could you perform right now?	How are you making a difference in this world?	5

Choose a category, then a number.
Play in a group or individually as journal prompts.

MYINTENT.ORG

"We are families helping families. We empower and support families and youth struggling with behavioral, emotional or substance abuse challenges in navigating resources to achieve wellness and resilience."



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